



# Grant County Health Dept

111 South Jefferson St, Floor 2  
Lancaster, Wisconsin 53813-1672  
www.co.grant.wi.gov  
(608) 723-6416

Volume XXIV Issue I

January 2018

## Protect Yourself and Family from Noroviruses

Noroviruses are a group of related viruses that can cause gastroenteritis (GAS-tro-en-ter-i-tis), which is inflammation of the stomach and intestines. This leads to cramping, nausea, vomiting, and diarrhea. Norovirus is found in the vomit and stool of infected people. You can get norovirus from direct contact with an infected person, contaminated food or water, or by touching contaminated surfaces. Norovirus spreads quickly. Anyone can get infected with norovirus and you can get it more than once.

The most common symptoms are diarrhea, throwing up, and nausea. Sometimes people also have stomach pain, fever, headache, and body aches. Most people with norovirus illness get better within 1 to 3 days.

### Prevention

- ▶ The best prevention is to wash your hands carefully with soap and water—
  - Especially after using the toilet and changing diapers
  - Always before eating, preparing, or handling food.
- ▶ Alcohol-based hand sanitizers can be used in addition to hand washing. But they should not be used as a substitute for washing with soap and water
- ▶ Wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

**Do not prepare food for others while you are sick with vomiting and/or diarrhea. Wait at least 2 days after you fully recover.**



### Cleaning

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

### Laundry

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool. Wash items with detergent at the maximum available cycle length then machine dry. Handle soiled items carefully-avoid shaking contaminated laundry and wash your hands after handling.

Norovirus illness is *not* related to the flu (influenza). Though they may share some of the same symptoms, but influenza is a respiratory illness.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.

## Add More Nutrition

One way to add more nutrition to your meals is by including all the food groups into your meals.

Try these tips when preparing your next meals.

- Add vegetables. Include frozen or canned vegetables to pre-packaged noodle or rice mixes.
- Include fruit as a side dish. Mix different forms of fruit to make a salad to add variety.
- Eat raw vegetables on the side. By adding vegetables to your meals you will not need to eat as much of the main meal to feel full and will get more nutrients.
- Drink low-fat milk. Include low-fat dairy foods into your meals by having a glass of milk or adding low-fat cheese to a dish.
- Don't forget the protein. Use tuna, canned chicken or beans to add protein without breaking your budget.

Source: Healthy Eating: Improving Your Convenience Foods, University of Florida Extension.



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)  
(Flu Shots also available at all clinics.)*

**Jan 23rd**—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

**Jan 24th**—Bloomington West Grant Rescue Squad Bldg. from 9:00am to 3:30pm

**Jan 25th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Feb 1st**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Feb 6th**—Late Muscoda Kratochwill Bldg from 2:00pm to 6:30pm (**DATE CHANGE**)

**Feb 13th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Feb 14th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Feb 15th**—Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

**Feb 20th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to :30pm

**Feb 22nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Feb 27th**—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

# JANUARY



Grant County Health Dept will be closed at noon on March 30th.

## Antibiotic Resistance

Microbes are tiny organisms too small for the naked eye to see. Some microbes like viruses and disease-causing bacteria can cause illnesses in people like influenza or strep throat. The term antimicrobial includes antibiotics, antivirals, and antifungals; these are medications used to treat infections and illness. The modern era of antibiotics and antimicrobials began in the 1940s with the introduction of penicillin. Since that time numerous illnesses and deaths have been prevented from infectious diseases.

As the medications have evolved and improved, so have the microbes and bacteria. Antibiotic resistance is when bacteria have changed in ways that reduces the effectiveness of drugs and chemicals to cure or prevent infections. The bacteria survive and continue to multiply, causing more harm. This means illnesses that were once easily treated with antibiotics are becoming more dangerous. These antibiotic-resistant bacteria can spread among people and are more difficult to kill, which could lead to serious disability or even death.

You can help prevent the spread of antibiotic resistance:

- Take the antibiotic exactly as your healthcare provider tells you.
- Never skip doses.
- Do not take antibiotics for a viral infection like cold or the flu.
- Never save antibiotics for the next time you become sick.
- Discard left over medications at designated drug disposal sites.
- Do not take antibiotics prescribed for someone else.



Source: Center for Disease Control & Prevention, [www.cdc.gov](http://www.cdc.gov)

## Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancer deaths each year.



Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem can be solved for less than \$1,500.

Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Dept, 111 South Jefferson St, Lancaster, WI. For more information, contact the Grant County Health Dept at (608) 723-6416.

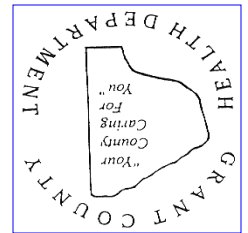
# Keep Those Teeth Sparkling Clean!

Oral health or the health of your mouth is an important part of overall health. When you don't brush or floss your teeth regularly you are at risk of developing severe gum disease that can lead to tooth loss. New scientific research is even suggesting a link between gum disease and other health conditions like heart disease and diabetes.

Some ways to keep your mouth and teeth clean:

- Brush your teeth at least two times per day.
- Floss between teeth at least once a day.
- Mouthwash may also be used, but should not replace daily brushing and flossing.
- Replace your toothbrush every 3 to 4 months.
- For infants, before baby teeth appear, wipe gums and inside the mouth with a clean warm cloth daily, especially after feedings.
- At the first appearance of baby teeth begin brushing the teeth with a soft-bristle age-appropriate tooth brush twice daily.

Source: Wisconsin Dental Association [www.wda.org](http://www.wda.org);  
American Dental Association [www.ada.org](http://www.ada.org)



Change Service Requested

Non-Profit Organization  
U.S. Postage  
PAID  
Lancaster, WI 53813  
Permit # 2

GRANT COUNTY HEALTH DEPT  
(608) 723-6416  
[www.co.grant.wi.gov](http://www.co.grant.wi.gov)  
111 S Jefferson St, Flr 2  
Lancaster, WI 53813-1672